

Child Care Health Consultation Health Promotion Lesson Plan

Contractor (LPHA) Name: City of St. Joseph Health Department

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Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input checked="" type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<div style="display: flex; justify-content: space-around; align-items: center;"> <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 </div> <p>Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p>

Title: Helmet Use and Safety for Children

Learning Objective(s):

Participants will:

1. Understand the how and when to use a helmet
2. Understand the importance of helmet use

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used
<p>Discuss when to use a helmet</p> <p>Discuss reasons why we should use a helmet</p> <p>Discuss the proper way to use a helmet</p> <p>Discuss the importance of wearing bright clothes and using reflective stickers on helmets</p> <p>Discuss the importance of bike riding with adult supervision</p> <p>Discuss areas where it is and is not appropriate to ride your bike</p> <p>Coloring activity</p> <p>Evaluation:</p> <ol style="list-style-type: none"> 1. When do we wear helmets? 2. Why do we wear helmets? 3. Name two ways to know your helmet fits properly. <p>Q&A</p>	<p>Discussion, pictures, color page</p>

Method(s) of Outcome Evaluation:

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.